

RED CROSS SWIM LESSONS



NARA Park Beach
25 Ledge Rock Way



~ Registration Now Open ~

www.acton-ma.gov/register

Or for more information call: 978.929.6640

- We offer group, semi-private (2:1), and private lessons (1:1) through Red Cross Level 3.
- Our program is for ages 3 & up.
- Our Certified Red Cross Water Safety Instructor (WSI) staff teach swimming skills that are developmentally appropriate for young children, teaching them to save their own lives, while building the confidence that can lead to a lifetime of fun in and around the water.
- Teach your child essential safety skills.



You're never too old to learn how to swim! Even adults need to learn to swim.



American Red Cross
Together, we can save a life



NARA Park Group & Private Red Cross Swim Lessons

Town of Acton Recreation Department

472 Main St., Acton, MA

978-929-6640

www.acton-ma.gov/recreation

Classes are available for children ages 3 to 17. Water Safety Instructors will confirm a child's readiness for level appropriateness at the first session. If necessary, an instructor may recommend an alternate level to fit the child's readiness. Please sign up for the appropriate swim levels on this form. All classes are held at the NARA Park beach. Beach memberships and daily beach passes aren't required to participate in swim lessons. Participants must have Level 1 certification in order to take Level 2 classes and have Level 2 certification to take Level 3 classes. Certification can only go up to Level 3 as diving is not available at the pond.

Level 1 – Water Exploration: Submerge face, bobbing, supported front and back float, bubble blowing, supported front and back kick, crawl stroke arms, reaching assists, PFD use

Level 2 – Primary Skills: Submerge head, retrieve objects, prone float/glide/recover, supine float/glide/recover, front and back flutter kick, back crawl arms, front and back combined strokes

Level 3 – Stroke Readiness: Retrieve object w/ eyes open, chest deep bobbing, prone and supine glide, front crawl w/ breathing-10 yds, back crawl-10 yds, elementary back kick-10 yds, reverse direction front & back, treading water.

2012 Swim Lesson Registration Form

Please Print and Complete all information. One child per registration form.

Comments should be noted on separate paper with registration form.

Participant Name: _____ Parent/Guardian Name: _____

Phone: _____ Emergency Phone #: _____

Email Address (for class contact and recreation info use only): _____

Male ___ Female ___ Date of Birth: ___/___/___ Grade in Sept. 2012: ___ Prior Swim Lessons? ___ Yes ___ No

Last Passed Tested Level: _____ Location: _____

GROUP LESSONS (for ages 4 and up)

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\$58 per person per session

Please check off desired session and lesson time.

Monday-Thursday	Group 1 11:45-12:15 pm	Group 2 4:30-5 pm	Group 3 5:15-5:45 pm
Session 1: June 25-28			
Session 2: July 2, 3, 5, 6*			
Session 3: July 9-12			
Session 4: July 16-19			
Session 5: July 23-26			
Session 6: July 30-Aug. 2			
Saturdays	Group 1 10:45-11:15 am	Group 2 11:30-12 pm	Group 3 12:15-12:45 pm
Session 7: June 16, 23, 30, July 1			
Session 8: July 14, 21, 28, Aug. 4			

PRIVATE LESSONS (for ages 3 and up)

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Private Lessons: \$121 per person

Five 30-minute lessons. Swim days and times are coordinated with a WSI Instructor and Swim Lesson Coordinator. You will be contacted during beach hours to coordinate lesson schedule.

1st Choice Dates & Time _____

2nd Choice Dates & Time _____

Semi-Private Lessons:

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\$176 per two people; same lesson level

Five 30-minute lessons. Swim days and times are coordinated with a WSI Instructor and Swim Lesson Coordinator. You will be contacted during beach hours to coordinate lesson schedule.

1st Choice Dates & Time _____

2nd Choice Dates & Time _____

For Office Use:

Received by: _____

Date: _____

Check #: _____

Cash Mastercard VISA

Amt: \$ _____

*

Make-up Information: Weather make-ups will be held on Fridays with the following exception: Session 2: July 6. No lessons July 4th.

All swim classes are subject to changes due to weather conditions or water quality. Make-up classes will be held on Fridays*. The first rain day will be a make-up session and the second rain day will be a dry land safety day. Classes may be combined if there are not enough participants to conduct classes. Refunds will not be issued without a written cancellation later not less than 7 (seven) business days from the start of the session. A \$10 non-refundable administrative fee will be retained for each cancelled session per child. Refunds will not be given if a child is unable to attend any make-up session(s).

RELEASE OF LIABILITY

I agree to hold harmless the Town of Acton and/or its employees, independent contractors, their agents and employees, from claims or liabilities related to any accident or injury that may occur. I certify that the participant is in good health. I understand there is some risk in taking part in sports and recreational related activities, and I am willing to assume those risks. I give permission for medical treatment to be given if the need arise.

Parent/Guardian Signature: _____ Printed Name: _____